



An award winning, in-home
Recreational Therapy Program.

Quarterly Newsletter

What is the Stepping Stones Program?

Scientific studies show that staying physically active can help **prevent** or **delay** many diseases and disabilities later in life. This model program provides an opportunity to receive specialized recreation therapy to treat physical, social, emotional, and cognitive conditions associated with personal illness, injury, or recent onset of disability. The individual is paired up with a recreation therapist to develop goals and a treatment plan to improve activity and overall quality of life. Examples of services offered are: Helping to find specialized programs within the community, helping you to relearn how to do activities you once enjoyed, assistance with finding activities which focus on abilities, not disabilities, assistance with applying for and learning how to use the Go! Bus transportation service and Aquatic therapy for additional physical rehabilitation.



Sending Referrals Is Now Just A Click Away!

Stepping Stones continues to appreciate all referrals made to our in-home therapeutic recreation program. For many years, you have been sending us referrals by fax, mail, phone, and email. You may continue to use this method but thanks to the City of Wyoming's Information Technology Department, we now have a new method that is just a click away! Visit our website at www.steppingstones.wyomingmi.gov. On our website there is a referral button you can press. Simply fill out our intake form with your information and hit send! You will also find valuable information about our program, our brochure, and most recently, our 2011 annual report.

The following agencies have already used this website to simplify their referral process:

- **Spectrum Health Continuing Care**
- **Porter Hills Home Health**
- **Area Agency on Aging**

Stepping Stones Therapists Attends National Aquatic Therapy Conference

Kristine Schwab and Angie Fenlon both aquatic therapists, attended the 2012 National Aquatic Therapy Conference held September 18-21, in Henderson, Nevada.

Kristine attended and became specialty certified in AquaStretch. Angie received her specialty certification in Total Joint Replacement. Both participated in a variety of hands-on, in-pool courses to increase knowledge about aquatic therapy techniques and safety.

“The ATRI Conference was an excellent opportunity to learn about new trends in the aquatic therapy industry and to stay current on the latest research” states Kristine Schwab. “Attending this conference provided opportunities which will benefit me as an aquatic therapist and increase the quality of therapy I provide to Stepping Stones clients”.

Grand Valley State University Student Intern Joins Stepping Stones

Nicole Titus is performing her internship with the Stepping Stones program this fall to complete her degree in Therapeutic Recreation. Nicole is currently working with clients in their home and also working in the pool environment as she is striving to obtain her Aquatic Therapy certification in the future. Nicole grew up in Walled Lake on the east side of Michigan. She will graduate from Grand Valley State University upon completion of her internship. In her “spare” time, Nicole enjoys sports events, reading, puzzles and playing video games.

“My internship with the Stepping Stones program has provided me with great learning experiences in the field of Therapeutic Recreation that I have not received in other field placements. The knowledge and experiences I will take from this internship will help in making me the best Recreation Therapist I can

Top 5 Referral Agencies July-September 2012

- 1) St. Mary's Home Care
- 2) Mary Free Bed Rehabilitation Hospital
- 3) Wyoming Senior Center
- 4) Area Agency on Aging
- 5) Porter Hills

Quarterly Statistics

Top Diagnosis Served
Traumatic Brain Injury

Average Length of Stay
4.5 months

Average Age
68

71% of clients were successfully discharged

69% of clients enrolled participated in Aquatic Therapy



Stepping Stones is Administered By:
The City of Wyoming Parks and Recreation Department.
For more information contact the Wyoming Senior Center at (616) 530-3190 or email:
parks_info@ci.wyoming.mi.us